

Overview of Chakras:

Written and Compiled by Barbara Dametto, 2017

First Chakra: Muladhara (Mula =root adhara= support)

“Foundation Root Support”

Location: base of the spine between anus and genitals.

Deals with: relationship to family, physical identity, survival, stability, instinctual nature, ambition, self-sufficiency, family, security, finances, independence, materialism, home, physical strength.

Governs: bones, teeth, nails, anus, prostate, adrenals, kidneys, lower digestive functions, excretory functions, and sexual activity.

Element: earth

Force: gravity

Colour: red

Gender: masculine

Sense: smell

Right: to be here

Demon: fear

Action: feet actions

Mantra: LAM

Yoga: Hatha

Yama/restraint: asteya (non stealing)

Niyama/observation: Swadhyaya (self study through study of sacred texts)

Gemstones: Agate, Black Tourmaline, Bloodstone, Garnet, Obsidian, Ruby, Smoky Quartz.

Balanced First Chakra: grounded, centered, individual, original, pioneering, committed, independent, having energy and vitality, physical strength, comfortable in the body, witty, good digestion, content- a sense of happiness with what they are doing in the world, likes to have a steady income to support stability in life, likes security for self and family, loves to help family, peaceful, hard working, good survival instincts, strong self image, confident and happy to be alone, respectful, connected to nature, likes physical work, strong constitution, level headed and jovial, loves and respects animals.

Psychological and Emotional Issues: When the energy is too strong a person may be dominating, overly opinionated, self centered, greedy, angry, obsessed with comfort, possessive,

materialistic, unsympathetic, demanding, crude, defensive, impenetrable like a fortress, tough, solid, stiff, overweight, lazy and stagnant. If the energy is too weak a person may be ungrounded, weak body, uncomfortable in the body, stagnated, lazy, fearful, low self esteem, worry, alienated, doubtful, depression, daydreaming, escapes into the mind, can't get anything done, easily crushed, low self esteem, fails to see our own self worth, weak personal boundaries.

Physical Dysfunctions: red blood cells, bones, muscles, tiredness, poor sleep, lower back pain, sciatica, waste elimination problems like constipation, immune related disorders, obesity and eating disorders, lethargy, weak muscles, arthritis, hemorrhoids.

To develop muladhara one must take good care of the diet and exercise regularly. Strengthen the body especially the legs and trunk. Practice the yoga Yamas and Niyamas particularly non stealing or hoarding (asteya), and self study (swadhyaya)- observing one's self in order to better understand one's self. Practice hatha yoga. Spend lots of time in nature and go camping and sit around an outdoor fire. Make friends with animals and connect with your animal totems. Get your hands in the soil by planting and gardening. Eat warm, grounding food (organic meat, root veggies). Do simple and grounding activities like knitting or weaving or walking barefoot in the woods. Spend quality time with family. Be aware of tendencies to overindulge in food and material possessions. Give things away if you are a hoarder.

Postures that Balance First Chakra: grounding into feet poses like Mountain Pose (Tadasana), Side-Angle Pose (Parsvakonasana), Warrior Pose (Virabhadrasana) and Standing Forward Bend (Uttanasana), Bridge Pose (Setu Bandhasana), Lotus (padmasana), Squat (garland), Chair (Utkatasana), Abdominal Breathing (Adham Pranayama), Mula Bandha.

Second Chakra: Swadhistana “Dwelling Abode of the Self“

Location: base of the pubis between the genitals and the sacral nerve plexus.

Deals with: relationship with friends, emotional identity, creativity, sexuality, desire, pleasure, self-gratification, procreation, relationships, social nature, travel, education, intuition, flow, movement.

Governs: lymphatic system, sexual organs, circulation, emotions, upper intestines, gallbladder, kidneys, adrenal glands, bladder, urinary tract, pelvis, ovaries, spleen, liver, middle spine, autoimmune system.

Element: water

Force: covalence, cohesion

Colour: orange

Gender: feminine

Sense: taste

Right: to feel

Demon: guilt, shame

Action: hand actions

Mantra: VAM

Yoga: Jnana

Yama/restraint: aparigraha (non overindulging)

Niyama/observation: saucha (cleanliness of body and mind)

Gemstones: Amber, Carnelian, Coral, Garnet, Moonstone, Orange Tourmaline

Balanced Second Chakra: excited about change, goes with the flow, is confident, friendly, has good social skills, is intuitive, vital, sexually expressive, playful, satisfied, prosperous, has a sense of belonging, is funny, open minded, knowledge seeking, appreciative, reliable, diplomatic, nurturing, sensitive, interested in learning new things and in travel.

Psychological and Emotional Issues: When the energy is too strong a person may have addictive behavior, be overindulgent, promiscuous, irritable, suffer from guilt, blame, shame, and lack of morality. They may have inappropriate social behavior, be overly influenced, dramatic, emotionally unbalanced, and seek change too often ie. always on the move looking for something better. When the energy is too weak there may be a lack of creativity, difficulty accepting change and a disconnect from feelings and others. A person may be unconfident, have poor self esteem, be aloof, shy, frigid, co-dependant, passive, emotional immaturity, indecisive, lack practicality, have weak personal boundaries and suffer from loneliness.

Physical Dysfunctions: lower back, sciatica, liver, decreased libido, pelvic pain, kidneys, bladder, stones, lymphatic, poor circulation, low resistance to infection and viruses, tiredness, hormonal imbalances, menstrual problems, ovaries and prostate issues, rigid body.

To develop Swadhistana, take the time to pamper yourself. Try to eat a balanced diet and indulge in pleasures without overdoing it. Explore healthy sexual relationships with yourself and others and always be honest when communicating your feelings, desires, fears, fantasies etc. Read books that teach you something new. Take courses that interest you. Travel to exotic places. Dance to your favorite music as a practice in order to free up your mind and body. Practice the yoga Yamas and Niyamas particularly non-overindulgence (aparigraha) ie.

moderation to eating, sleeping, sex, entertainment, socializing etc., and saucha (cleanliness) by keeping your body and mind pure through washing/diet/cleansing (kidneys), living in a non polluted environment and through meditation. Take special care of your genitals. Learn about how to balance your hormones. Drink lots of water.

Postures that Balance Second Chakra: Hip opening poses like Sitting Wide Forward Bend (Upavista Konasana), Standing Wide Forward Bend (Prasarita Padottanasana), Happy Baby Pose (Ananda Balasana), Child's Pose (balasana), Bound Angle Pose (Baddha Konasana), Reclining Bound Angle Pose (Supta Baddha Konasana), Pigeon (Kapotasana), Cow Face (Gomukasana), Dancer Pose (Natarajasana), Sunflower, Savitri Pranayama (rhythmic breathing), Uddhiyana Bandha, any dance movements to flowing music.

Third Chakra: Manipura "City of Jewels"

Location: situated at the level of the umbilicus corresponding to the gastric or solar plexus.

Deals with: relationship to self, defining ego, profession, motivation, taking action, leadership, vision, activism, self-esteem, personal power, stamina, willpower, success, creativity, transforming thoughts and ideas into action, entrepreneurship, invention.

Governs: eyes, sight, muscles, upper abdomen, gallbladder, liver, pancreas, middle spine, kidney, small intestines, stomach, digestion, blood sugar, nadis and energy flow.

Element: fire

Force: combustion

Colour: yellow

Gender: masculine

Sense: sight

Right: to act

Demon: doubt

Action: excretion

Mantra: RAM

Yoga: pranayama

Yama/restraint: ahimsa (non violence in thoughts, words, actions)

Niyama/observation: tapas (self discipline to gain control of mental faculties)

Related Gemstones: Amber, Citrine, Jasper, Golden Topaz, Yellow Tourmaline

Balanced Third chakra: energetic, confident, friendly, lively, social, responsible, intelligent, decisive, productive, good digestion, mental focus, willpower, physically active, generous,

expressive, courageous, leadership, creative, inventive, motivated, innovative.

Psychological and Emotional Issues: When the energy is too strong a person may become egotistical, controlling, bossy, stubborn, aggressive/violent, perfectionist, hostile, intolerant, argumentative, hyper critical, mean, shameless, stressed, extravagant, careless, or manipulative. They have too many ideas and creative projects and thus can become scattered and overwhelmed. Or they may be overly focused on one goal and develop tunnel vision. If the energy is depleted a person may have low self-esteem, suffer from depression (stuck creativity), fear of rejection, inability to make decisions, and literally paralysed with self doubt and hatred.

Physical Dysfunctions: digestion, diabetes, liver, endocrine function (pancreas), arthritis, colon diseases, indigestion, heartburn, stress, stomach ulcers, intestinal tumors, excretion, anorexia/bulimia, blood pressure issues.

To develop Manipura, follow your excitement. Play with your desires ie. if you want to become someone/thing else, act like you already are that. Practice the yogic Yamas and Niyamas particularly ahimsa (non violence), and tapas (self discipline). Exercise your body to develop stamina ie. go for long walks, run, swim etc. Take a martial arts course. Practice writing out your life goals and take the steps needed to achieve them. Recite positive affirmations that give you confidence in yourself. Fire up your digestion (ingesting probiotics, sour and fermented food). Do a liver cleanse. Avoid high glycemic and processed food. Minimize your alcohol intake.

Yoga Postures that Balance Third Chakra: Heat building poses like Sun Salutation (Suryanamaskar) and Warrior (Virabhadrasana), backbends like Bow (Dhanurasana), twists like Half Twist (Ardha Matsyendhrasana), and abdominal strengtheners like Boat Pose (Navasana), Shoulder Stand, Parsva Konasana, Pascimottanasana, Purvottasana, Breath of Fire (kapalabhati), Nasarga Bhastrika (bellows breath), Uddiyana Bandha, Sun Salutation (suranamaskara).

Fourth Chakra: Anahata (unbeaten) “Center of Unstruck Sound”

Location: situated on the cardiac plexus in the region of the heart.

Deals with: relationships with others, unconditional love, trust, forgiveness, wisdom, stability, mental patience, compassion, prayer, inner joy, emotional empowerment, healing, generosity, issues of the soul, social awareness of self in relation to others.

Governs: heart, rib cage, blood, circulatory system, lungs, diaphragm, thymus gland, breasts, skin, esophagus, shoulders, arms, hands.

Element: air

Force: repulsion

Color: green or pink

Gender: feminine

Sense: touch, feeling

Right: to experience love

Demon: sorrow

Action: genitals

Mantra: YAM

Yoga: karma

Yama/restraint: bramacharya (sexual restraint)

Niyama/observation: santosha (contentment/serenity)

Related Gemstones: Emerald, Green Jade, Green Tourmaline, Malachite, Rose Quartz

Balanced Fourth Chakra: completeness and wholeness, compassionate, confident, loving, empathic, friendly, reliable and dependable, analytical, optimistic, motivated, nurturing, sensitive, intuitive, practical and preserving.

Psychological and Emotional Issues: When the energy is too strong a person may experience difficulty with love, be unforgiving, smothering with affection for others, overly dependent and needy in relationships, overly demanding and sensitive, overly meticulous, envious, fearful, jealous, angry, anxious, antagonistic, lost in their own pain and feelings of lovelessness. When the energy is weak a person may have a lack of self love, compassion and forgiveness and no empathy or sympathy for others. They may feel hopeless, moody, self pity, discontented, suspicious, negative and depressed.

Physical Dysfunctions: lungs, heart, skin, thoracic spine, thymus gland, immune system, hormone production (thymosin), white blood cells (leukemia), circulatory system, upper back and shoulders, asthma, allergies, lung disease like pneumonia.

To develop Anahata, practice loving kindness towards all beings. Follow the yoga Yamas and Niyamas particularly bramacharya (sexual restraint)- too much sexual activity can result in loss of creative life force and become a distraction or compulsion, and santosha (serenity)- being happy and grateful for what you have. Practice karma yoga (selfless service). Do acts of kindness for others without wanting anything in return. Practice doing things that make you happy- whatever that may be! Get involved in the healing arts and go for massages and energy

treatments such as Reiki, shiatsu, massage etc.

Postures that Balance Fourth Chakra: Chest openers like Camel, Cobra (Bhujangasana), Fish (Matsyasana), Tiger (Cat Cow), Bridge Pose, Bow, Wheel, Upward Facing Dog, Cow Face (Gomukasana), Shoulder Stand (Sarvangasana), Dancer (Natarajasana), Alternate Nostril Breathing (Analama Veloma), Upper Breathing (Adhyam Pranayama).

Fifth Chakra: Vishuddha (purification) “Center of Great Purity”

Location: situated on the level of the throat, the nerve plexus of the pharynx region.

Deals with: relationship with the aesthetic (art, beauty, consciousness moving through everything), communication, language, poetry, music, ideas, intellect, creativity, self expression, freedom, taking responsibility for one's own needs, confession, faith, truthfulness, self-knowledge, intuition, vibration.

Governs: throat, thyroid gland, parathyroid gland, metabolism, hormones, trachea, jaw, cervical vertebrae, vocal cords, neck, shoulder, arms, hands, esophagus, mouth, teeth, gums.

Element: sound or ether

Force: Expansion, vibration

Color: blue

Gender: masculine

Sense: hearing

Right: to speak and hear the truth

Demon: dishonesty, lies

Action: Speaking

Mantra: HAM

Yoga: Raja

Yama/restraint: satya (truth)

Niyama/observation: atman prandidhana (listening to intuition)

Related Gemstones: Angelite, Aquamarine, Azurite, Blue Opal, Blue Quartz, Chrysocolla, Lapis, Turquoise

Balanced Fifth Chakra: honest, intellectual, creative, expressive, good with languages, intelligent, articulate, musical, progressive thinking, open minded, constructive communication, content, centered, conscious listener, expressive, investigative, adaptable, diversified, nomadic, fearless, generous, versatile, and technologically inclined.

Psychological and Emotional Issues: When the energy is too strong a person may be dishonest, an excessive talker, and poor listener. Their need for recognition leads to overachieving, a lack of subtlety, dishonesty, critical, disagreeable, impulsive, chaotic, unforgiving, and misfit. When the energy is depleted, there may be problems with decision making and personal expression, communication and self esteem. The person may be timid, have a weak voice, be unable to self advocate, be unforgiving, resentful, and have a lack of creativity and faith.

Physical Dysfunctions: thyroid and parathyroid glands, sore throat, jaw, stiff neck, mouth ulcers, swollen glands, gum or tooth problems, teeth grinding, scoliosis, laryngitis, ear and hearing problems, hormones, metabolism, body temperature, calcium.

To develop Vishuddha practice singing, mantra, public speaking, vocal classes, speaking your truth and expressing yourself whenever you can. Follow the yoga Yamas and Niyamas of truthfulness (satya)- by seeking the truth in different topics and only speaking when necessary. Avoid gossip and using unkind words or repeating negative stories and opinions. Make a point of listening to your inner wisdom- begin by seeking out universal truths that resonate with you. Eventually, you will develop your own knowing and be able to listen to your inner teacher in order to always do your best. Maintain a healthy throat, thyroid glands, neck, jaw and ears. Practice your listening skills.

Postures that Balance Fifth Chakra: Fish (Matysasana), Lion, neck stretches, shoulder openers, Shoulderstand (Sarvangasana), Camel (Ustrasana), Bridge Pose (Setu Bandhasana) and Plow Pose (Halasana), Pancha Sahita Pranayama (Face the west: inhale 4, hold 16, exhale 8, hold 4), humming, chanting, uddiyana bandha (throat lock).

Sixth Chakra: Ajna “Command Center”

Location: situated between the eyebrows.

Deals with: beyond relationship as we move into non dual states, the mind, thinking, meditation, self-knowledge, wisdom, intellect, psychic power, clairvoyance, clairaudience, intuition, sympathy, empathy, insight, spirituality, understanding, visualization, thoughts, patterns of the universe, yantras, kundalini awakening (merging of masculine/sun and feminine/moon energies), states of non duality, detachment from material world, electromagnetism, dispelling illusion, samadhi (enlightenment).

Governs: cavernous plexus, brain, eyes, ears, nose, pituitary gland, pineal glands, neurological

and endocrine systems.

Element: light

Force: magnetic, mind

Color: indigo

Gender: endogenous

Sense: extra sensory perception, mind

Right: to see

Demon: illusion, mental confusion

Action: thinking

Mantra: AUM or OM

Yoga: yantra

Related Gemstones: Amethyst, Lapis Lazuli, Purple Fluorite, Quartz

Balanced Sixth Chakra: ability to think reality into existence, perceptive, equanimous (balanced mind), disciplined mind, egoless, imaginative, intuitive, inventive, level headed and calm, good concentration, focus and memory, visionary, insightful dreams, reliable, capable, inventive, commanding, forgiving, understanding, good creative visualization, can manifest ideas into reality, psychic.

Psychological and Emotional Issues: When this energy is too strong a person may have mental confusion and imbalance, too much mental activity, be overly disciplined, and even schizophrenia as too much inner vision can lead to confusion. They may be stubborn, uncompromising, headstrong, devious, have lack of concentration, be ungovernable (lacks authority), headstrong, indecisive, overly analytical, interfering and egotistical. When the energy is weak a person may have a dull, weak mind, be incapable, indecisive, unreliable, with a poor memory. They may have a poor imagination and no inner guidance, poor intuitive and psychic skills, poor concentration and imagination, scattered, disorganized and have poor train of thought always jumping from one idea to the next.

Physical Dysfunctions: headaches, nightmares, over active mind, dull mind, eyestrain, learning disabilities, panic, depression, blindness, deafness, seizures, spinal dysfunctions.

To develop ajna, practice meditation and any technique that calms and strengthens the mind. Perhaps you can try to develop your intuition and psychic powers. Also, do balancing activities and yoga that strengthens muladhara such as mountain pose and push-ups and leg strengtheners. Kundalini yoga and vigorous breathing will help to move energy up the spine. Eat

grounding foods, organic meat, root vegetables etc. and be sure that you are getting enough vitamins and minerals in your diet. Connect with nature.

Postures that Balance Sixth Chakra: Meditation/guided visualization/sense withdrawal (Pratyahara), seated yoga mudra, Child's Pose (Balasana), palming the eyes, eye circles, Shoulder Stand (Sarvangasana), grounding postures, inversions (Standing Forward Bend-Uttanasana), Headstand (Sirshasana), balancing postures (Vriksasana), Alternate Nostril Breathing (Nadi Shoddhana), Skull Cleanser (Kapalabhati Pranayama).

Seventh Chakra: Sahasrara “Thousand Petaled Lotus”

Location: crown of the head.

Deals with: enlightenment, akasha (past, present, future knowledge), pineal gland, intuitive knowing, illumination, the nature of consciousness, connection to spirituality and the Divine, samadhi (bliss and oneness with all that is), integration of the whole, consciousness, awareness, infinity.

Governs: top center of the head and midline above the ears, brain, nervous system, pineal gland.

Element: not of this world

Force: Awareness

Colors: violet/white

Sense: empathy, unity, consciousness

Right: to Know

Demon: attachment

Action: Musical expression

Mantra: silence

Yoga: mantra

Related Gemstones: Amber, Diamond

Balanced Seventh Chakra: at one with the universe, be deeply spiritual, be open-minded, have expanded awareness, be curious, intelligent and thoughtful. They may understand and learn information easily, have a refined taste in art, music, dance, food etc. They pay attention to detail, are focused, polite, conscientious, considerate of others, musical, have a good ear for tone, are studious, reflective, cheerful, optimistic, intellectual, inquiring, poetic, have strong writing skills, a gentle nature and love calming activities ie. meditation, yoga, gardening, knitting, being in nature.

Psychological and Emotional Issues: If the energy is too strong one may be overly sensitive, turbulent mind, dwells on the negative, too much devotion, tunnel vision, spiritual beliefs taken to the extreme, overly studious to the point of exclusion of social life, not in touch with the body, ungrounded, too much time spent in the head, tendency to keep so busy that life becomes stressful without a peaceful side. If the energy is depleted they may lack awareness and common sense, have no purpose in life, no strong values, no strong ethics, be overly detached, selfless, apathetic, introverted, out of touch with reality, can't decipher between conscious and unconscious thoughts and behaviors, can't connect to worldly issues and responsibilities, have a loss of identity, no spiritual beliefs, trusts in nothing or no one.

Physical Dysfunctions: chronic exhaustion, sensitivity to light and sound, may forget to take care of the body's needs.

To develop sahasrara, study sacred texts (such as the Yoga Sutras, the Buddhist 8 fold Path, or any wisdom teachings that resonate with you). Mantra chanting is the best yoga to awaken the 7th chakra and there are many books and cd's available to practice sacred songs and prayers. The main objective is to develop consciousness and awareness so meditation is also an excellent tool for developing our 7th chakra.

Postures that Balance Seventh Chakra: Meditation, Balancing poses that bring awareness to the body and the consciousness like Tree and Eagle, also sitting in Yoga Mudra, Lotus Pose (Padmasana), Corpse (Savasana), Staff (dandasana).

Eighth Chakra: Narayanana "The Breath of Vishnu"

Narayanana is located just outside of the left ear and equated to the out-breath, the breath that comes in from the divine and moves through us. The receiving center of the body for this energy is the cerebellum. This is the section of our brain that is autonomic and performs most of the responding at the subconscious level. Our natural body functions are taken care of like a gift from the divine. Nothing is to be learned at level 8 chakra. The needed information is all known by the universe itself and simply programmed into us. This chakra is the divine element which separates cosmic life into individual ego forms so that the universe may experience itself one piece at a time.

At the universal level of this chakra force we find the planetary systems- the most solid aspects of the electromagnetic ocean. The number 8 energy is about receiving energy (just like the earth

receives heat and light from the sun), so one could say that the force here is reception. The gifts of life that come from beyond and are bestowed upon us without us having to work for it. People with #8 energy are often considered to be lucky and blessed.

In Sanskrit Laya means dissolution or merging. Laya Yoga deals with absorption of breath and good concentration. Also called kundalini yoga, it is the practice whereby energy is raised through deep meditation (dhyana). Laya Yoga helps the aspirant to attain union with the supreme consciousness. If the body is not kept purified both externally and internally through different practices, then laya yoga would yield no result and #8 energy is undeveloped. It is important for this chakra that both the masculine and feminine channels in the body are balanced and stimulated (through hatha yoga and kundalini yoga). When united, these two forces in our nervous system merge as one, they become a potent force. The practices that focus on merging these two currents is called Tantra Yoga.

Location: just outside the left ear

Deals with: the out breath- the breath coming from the Divine into us.

Governs: the cerebellum, the part of our brain that is autonomic and subconscious and involuntary (all natural functions of the body), gonads, sex organs.

Element: time, past, karma

Force: Receiving

Gender: feminine

Color: dark blue

Sense: mystical

Action: out breath

Yoga: Laya, Tantra, Kundalini

Related Gemstones: Blue sapphire

Balanced Eight Chakra: qualities of justice and integrity, humanitarian, kind and generous, courageous and risk taking, fortunate and abundant, in the flow of the universe, lucky with good karma, easy going, not too worried about tomorrow, interested in mystic arts, spirituality, cosmic geometry, and astrology, merciful, integrous, charitable, good networker, organized with skills, good sense of business and commerce.

Psychological and Emotional Issues: If the energy is too strong a person may be dishonest, deceitful, manipulative and cunning, secretive, cruel, wicked, miserly, materialistic, ungrounded and can become extreme with spiritual pursuits. If the energy is too weak there is a lack of

spirituality, they may be disorganized and spread out, antisocial, eccentric, fearful, have bad luck, be greedy and have difficulty being studious and intellectual.

To develop Narayanana energy practice laya yoga to awaken the latent or dormant forces in the body (kundalini), detoxification of the body, pranayama, purification of the emotions and clearing the mind.

Postures that Balance Eighth Chakra: Meditation, Balancing poses that bring awareness to the body and the consciousness like Tree and Eagle, also sitting in Yoga Mudra, Lotus Pose (Padmasana), Corpse (Savasana).

Ninth Chakra: Brahmananda “The Source of Bliss”

This chakra is the source of all energy. In the manifest universe it is the source of the stars and galaxies that emanate that energy. This vortex is located out and up from the right side of one's head and tends to draw one's consciousness out of the body. This energetic pull is like the radiant aspect of the stars beaming out in all directions. The ninth chakra is a powerful emanating force, one that instigates actions. It is related to the in-breathe; the life-giving power and is received in the cerebrum.

In the universe the ninth chakra energy is the origin of the electromagnetic ocean made up of billions of stars that are constantly radiating outward. This energy has inspiring characteristics often making people who are dominant with this energy beacons for others.

Location: out and up from the right side of the head and tends to draw consciousness outside of the body.

Deals with: the out breath, the life giving power received in the cerebrum.

Governs: thyroid, cerebrum, central nervous system,

Element: Space, Future

Force: a powerful emanating force that instigates action.

Color: purple

Gender: masculine

Sense Perception: Divine Bliss

Action: out breath

Yoga: Bhakti

Related Gemstones: amethyst

Balanced Ninth Chakra: universal love, idealism, spirituality, intuition, humanitarian, sincerity, understanding, generous nature, in the flow of the universe, outgoing personality, creative, dramatic and resourceful, contemplative, reflective, independent, organized with good creative management skills, solution oriented.

Psychological and Emotional Issues: If the energy is too strong a person may have an extreme nature ie. bouncing from spiritual to material. There may be a tendency to indulge in alcohol and narcotics, idealistic behaviour and eccentricity. The person may be ungrounded, not connected to the body, up in the clouds, scattered and unfocused, have too many inspirations, might be overly giving to the point of losing out and have weak personal boundaries. If the energy is weak, they may be lacking in spiritual values, be attached to personal desires, possibly introverted, antisocial, self pitying and fearful. They may not have a strong sense of personal identity, be impersonal and lack consideration for others, have tunnel vision, can easily become temperamental and pretentious.

To develop Brahmanana energy practice Bhakti yoga which is a spiritual path described in Hindu philosophy which is for fostering love, utter faith and surrender to God. It is a means to realize God and can be learned through studying sacred scriptures such as The Bhagavad Gita. Also, the study of astronomy and astrology can help one understand the the cosmic energies that are flowing in from the universe at all times.